



# City of Buckeye Community Services Department



## C.C.

### Center Connection

Keeping older adults connected and active

#### Buckeye Community Center

201 E. Centre Ave.  
Buckeye, AZ 85326  
(623) 349-6600  
Fax: (623) 349-6611

#### Hours of Operation:

Monday - Friday  
8:00 am - 5:00 pm  
[www.buckeyeaz.gov](http://www.buckeyeaz.gov)

#### Senior Program Transportation

(623) 349-6600

#### Area Agency on Aging Senior Help Line

(602) 264-4357

Dr. Saide  
Recreation Center  
(623) 349-6350



AREA  
AGENCY  
ON  
AGING

REGION ONE  
INCORPORATED



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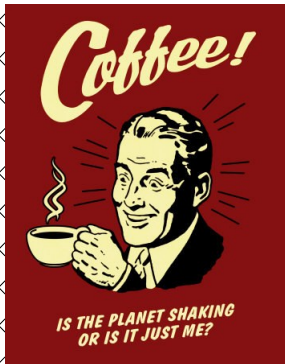
#### Upcoming Events

Herberger Lunch Time Theater.....	June 3rd
Family Feud.....	June 6th
Flandrau Science Center.....	June 10th
Summer Fever Party.....	June 13th
Juggling Act.....	June 17th
City Shopping.....	June 24th
Ross & Arriba's.....	June 26th
Drumming W/ Andrew.....	June 27th

# Senior Programming

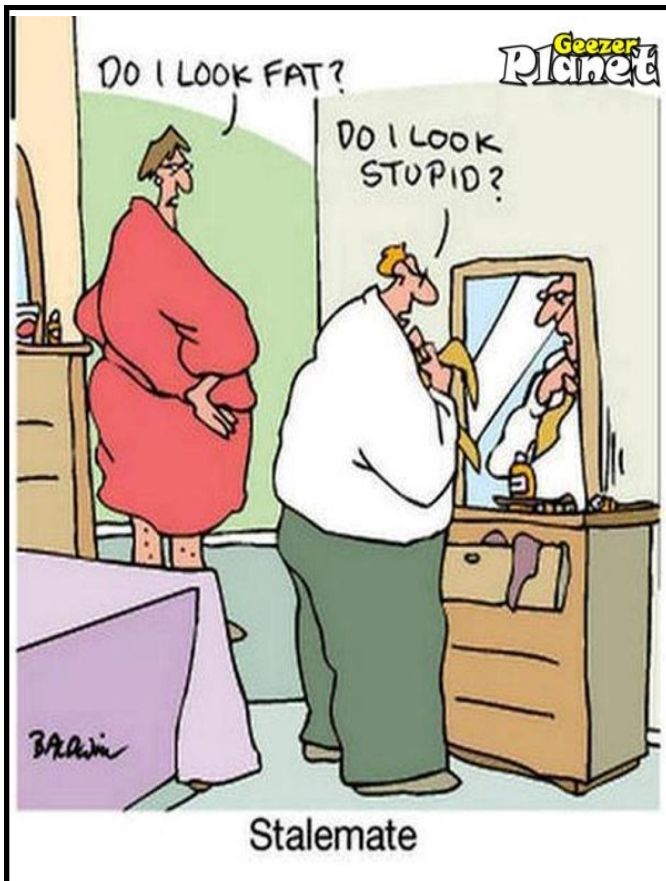
## *Coffee & Conversation*

Enjoy coffee and friendly  
conversation with  
**Councilmember Brian McAchran**  
**On Wednesday, June 18th**  
**from 9-10 am**



## *It's time for Family Feud!*

Join your hosts:  
Phil, Vanessa & Sharon  
for America's favorite survey game  
Friday, June 6th 10-11am



## *LUNCH BUNCH*



*Join us for our Monthly Lunch Outing*  
*Here's where we're going:*  
*Herberger Lunch Time Theatre:*  
*Think outside the lunch box!*

June: Secrets of the Rich and Famous  
July: Risque Business  
August: and the Chihuahua II

## CITY OF BUCKEYE UPCOMING EVENTS!

*Old Fashioned Independence Day Celebration.....July 4th*  
*Quarter Auction.....Aug 15th*  
*For additional information such as hours and locations of the events*  
*please visit [buckeyeaz.gov/events](http://buckeyeaz.gov/events) or call 623-349-6320*



Like us on  
**Facebook**

<http://www.facebook.com/buckeye.recreation>

<http://www.facebook.com/pages/Buckeye-Public-Library/116622961691084?ref=hl>



### **Do you recognize this??**

Be the first person to identify this close up image and win a prize! Please write your answer down and give it to either Sharon, Vanessa or Phil

Only one winner please

Have fun!

**June 17th is World Juggling Day!**

**Join us for an exciting morning of juggling fun  
with James Reid!**

**Tuesday, June 17th 10-11am**





## SPECIAL SENIOR PROGRAMS

### Bonus Years Reading Program

Krista from the Library will be making her rounds again every Monday at 11 am  
We are not sure what she has up her sleeves but I can guarantee you it will be fun!

### Grandparents Raising Grandkids

A support group providing emotional support, and assistance in navigating various social services.

**Next meeting:**  
**June 24th 1-2 pm**

### Health Presentations

**Trish w/ United Health Care**  
**Friday, June 20th 11am**



I am WONDER WOMAN ...  
I wonder where I left my keys,  
I wonder how I put on weight,  
I wonder where my money went,  
I wonder where I put my phone,  
I often wonder why I wonder . . .

## MONTHLY BIRTHDAY CELEBRATION



### **JUNE BIRTHDAY CELEBRATION**

**Friday, June 20th**  
**11-11:30am**

It's fun to celebrate your birthday. Come celebrate your birthday with us. Birthday celebrations happen on the 2nd Friday of each month. (Subject to change due to holidays). Birthday cake and more. All for **YOU** and others who share your birthday month!

## JUNE BIRTHDAYS

Harold Warsop	Patricia Crookshank
Bill Palmer	Marietta Montoya
Camille Payne	Garry Stedman
Paul Stout	Linda Clapp
Judy Wendel	Rita Roer
Michele McCombs	My Rodriguez
Diane Oyler	Brian Sweiven
David Beck	Hallie Harris
Amy Chavez	Martha Coatney
Carmen Culpepper	Dennis Colleary
Joe Davies	Sharan Steward
	Jim Schmick
	Michelle Duncan



# Center Connection OUTINGS

## HERBERGER LUNCH TIME THEATER

Tuesday, June 3rd  
10:30am-3pm



Trip fee: \$6.00

REGISTRATION BEGINS:  
Wednesday, May 21st at 9:45am  
Trip fee includes admission  
to the theater  
You may bring your lunch or  
purchase lunch at the theater.

Lunch on your own



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## FLANDRAU SCIENCE CENTER

Tuesday, June 10th  
8am– 5pm



Explore the Universe from Earth to  
space and everything in between!

Trip fee: \$8.00

REGISTRATION BEGINS:  
Wednesday, May 28th at 9:45am  
Lunch on your own.

## CITY SHOPPING & EATS

Tuesday, June 24th  
8am-1pm



The City of Buckeye Senior Program  
offers shopping trips to local businesses  
for all qualified seniors.  
Some restrictions apply. Please ask the  
senior staff for more details.

Trip fee: \$2.00

REGISTRATION BEGINS  
Wednesday, June 11th at 9:45am  
Lunch or breakfast on your own.

## ROSS & ARRIBA'S

Thursday, June 26th  
10am-3pm



Enjoy a morning of shopping  
and lunch with us!

Trip Fee: \$2.00

REGISTRATION BEGINS:  
Wednesday, June 11th at 9:45am  
Lunch & shopping on your own

# MEAL PROGRAMS

## DAILY LUNCH PROGRAM

In partnership with Area Agency on Aging, the of Buckeye Senior Program offers a daily lunch program for senior participants 60 years and older. Take a look at our monthly lunch menu inside this newsletter!

### RECOMMENDED CONTRIBUTION

\$3.00 for participants and guests 60 & older and those participants 18 and over with disabilities.

All other guests & visitors under the age of 60, there is a \$5.00 meal fee.

Lunch begins at 11:30 am with salad bar.

## HOME DELIVERED MEAL PROGRAM

Home delivered meals are provided to persons that are unable to leave home because of a disabling physical, emotional or environmental condition and are unable to prepare adequate, nutritious meals for themselves.

For more information call  
SENIOR HELP-LINE @ (602) 264-4357

PRIVATE PAY HDM are available at this site. Private Pay meals are \$5.00 per meal.

Here is a sneak peek at some exciting programs and activities that are coming up !



### July:

Diamondback's Game  
Star Spangled Party

### August:

Quarter Auction  
Lowell Observatory in Flagstaff  
Deal or No Deal

And much, much more!

## CENTER CINEMA **Double feature this month!**

**Tuesday, 10th & 24th**

**9:30-11:30 am**

Watch a good movie while  
enjoying some yummy  
treats!

**Movie:**

**Cocoon**

**Cocoon: The Return**



City of Buckeye  
Community Services Department



# Ongoing Senior Adult Programs & Activities

## SILVER SNEAKERS PROGRAM

**What is Silver Sneakers?** Silver Sneakers is the nation's leading fitness program offering customized classes designed to improve range of movement and muscular strength exclusively for older adults.

**Who can attend exercise classes?** All adults 55 & older may attend the exercise classes, however, will not receive a Silver Sneaker card and/or additional benefits if your health plan coverage doesn't include the Silver Sneakers Program.

For more information please contact Sharon Meinders at: (623) 349-6607

Monday, Wednesday & Friday 8:45-9:45am

## TEXAS HOLD'EM POINTS BASED POKER LEAGUE

Tuesdays 1-4pm

League Dates

April 29th through June 24th

Tournament on June 24th



Free games, bragging rights & prizes!

## ARTS & CRAFTS

Arts & Crafts are scheduled each Monday from 10-11:30 am. Participants can take part in Arts & Crafts projects each month. Arts or

Crafts guest instructors are welcome. If you like doing Arts & Crafts, or if you like teaching Arts & Crafts, please join our program. We would enjoy having you involved.

INSTRUCTORS WELCOME!



## CURRENT EXERCISE & OUTDOOR PROGRAMS

Don't act your age! Stay active!

- ◆ SILVER SNEAKERS
- ◆ HOT STEPPERS
- ◆ ZUMBA
- ◆ INDOOR EXERCISE EQUIPMENT



## Wii BOWLING LEAGUE



Two (2) member Team

Mondays from 1-3p.m.

Winter Wii Bowling league runs

May 5th—June 30th

Pot Luck on the 30th!

**FREE! FREE! FREE! FREE! FREE!**

## BUCKEYE BLANKETEERS

Crochet, Knit, Sew, or Quilt!

Join the Buckeye Blanketeers the last Thursday of the month. All blankets are donated to Project Linus.

Project Linus distributes your homemade blankets to infants, toddlers, children and teens in need of comfort during crisis or illness. We will meet in the exercise room from 12:30 pm until closing time!

Blanketeers will meet:

Thursday, June 26th from 1-4pm



### **DROP-IN COMPUTER LAB**

Monday - Friday (8- 5pm)

Drop in to type and print a letter, use the Internet, play games, or practice what you are learning in class. There are five computers, with use on a first come basis limited to a two hour maximum.

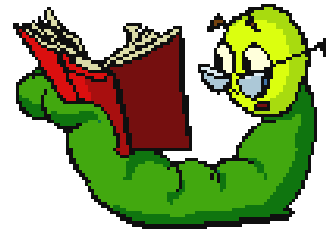
- **YOU MAY NOT** install software on these computers
- **YOU MAY NOT** download files on these computers
- **TO SAVE** your work, bring a flash drive or **CD** from home. **YOU MAY NOT** save files on these computers.



### **COMMUNITY CENTER LIBRARY**

Monday - Friday (8- 5pm)

In conjunction with CITY of Buckeye Main Library the Buckeye Community Center offers a variety of books by different authors and titles, large print books and magazines. Participants can sign up and receive a library card and check out books. We also have audio books.



### **EXERCISE EQUIPMENT**

If you are looking to get in shape the Buckeye Community Center has exercise equipment available for seniors and active adults. Two commercial grade treadmills, stationary bike & multi-use gym are currently available for use. Exercise area is open Monday-Friday: 8-5pm. Please use the equipment wisely. Staff is available to assist if you have questions or need help.



### **CITY OF BUCKEYE SENIOR SITE COUNCIL**

The Buckeye Senior Program Site Council meets the second Wednesday of each month to advise the Buckeye Senior Program Staff on matters relating to the delivery of services. The site council is not a separate entity from the Senior Program and serves as an advisory committee to the Senior Program Staff.

#### **Site Council Key Function**

- Advising
- Coordinating
- Planning
- Evaluating
- Implementing
- Advocating



Site Council will break for the summer.

Next Site Council Meeting Date:

Wednesday, September 10th

9:15– 9:45 am

**ALL  
WELCOME**

**The City of Buckeye Community Services staff would like to welcome you to the Buckeye Community Center. The Community Center is here for your enjoyment and to provide services to the Buckeye Community and its visitors. Please take the time to read our Courtesy Guidelines posted within the Community Center. They are for the enjoyment and safety of all our guests, customers, and staff. If you have any questions, please feel free to ask one of our Community Services staff members.**

**Thank you!**



# JUNE 2014 ACTIVITIES CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SPONSORED IN PART BY THE AREA AGENCY ON AGING

<p>2</p> <p>Silver Sneakers 8:45-9:45am Arts &amp; Crafts 10-11:30am Wii Bowling 1-3pm</p>	<p>3</p> <p>Herberger Lunchtime Theater 10:30am-3pm Texas Hold 'em 1-4pm</p>	<p>4</p> <p>Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm</p>	<p>5</p> 	<p>6</p> <p>Silver Sneakers 8:45- 9:45am Family Feud 10-11am Bingo 12:45pm Yo-Yo Day</p>
<p>9</p> <p>Silver Sneakers 8:45-9:45am Arts &amp; Crafts 10-11:30am Wii Bowling 1-3pm</p>	<p>10</p> <p>Flandrau Science Center Tucson 8am-5pm Center Cinema 9:30-11am Texas Hold 'em 1-4pm</p>	<p>11</p> <p>Silver Sneakers 8:45-9:45am Site Council 9:15-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm</p>	<p>12</p> <p>Hot Steppers Practice (No Instructor) 1-2pm</p>	<p>13</p> <p>Summer Fever Party 10am-Noon Bingo 1:15pm</p>
<p>16</p> <p>Silver Sneakers 8:45-9:45am Arts &amp; Crafts 10-11:30am Wii Bowling 1-3pm</p>	<p>17</p> <p>Juggler James Reid 10-11am Fire Drill 11:30am Texas Hold 'em 1-4pm</p>	<p>18</p> <p>Silver Sneakers 8:45-9:45am Bingo 10:15am Art Journaling 1-3pm Double Deck Pinochle 1-4pm</p>	<p>19</p> <p>Hot Steppers 1:30-2:30pm</p>	<p>20</p> <p>Silver Sneakers 8:45-9:45am Birthday Bash 11-11:30 Bingo 12:45pm</p>
<p>23</p> <p>Silver Sneakers 8:45-9:45am Arts &amp; Crafts 10-11:30am Wii Bowling 1-3pm National Pink Day 30</p> <p>Silver Sneakers 8:45-9:45am Arts &amp; Crafts 10-11:30am Wii Bowling Pot Luck 1-3pm</p>	<p>24</p> <p>Shopping Trip 8am-1pm Crochet with Carolyn 9-11am Center Cinema 9:30-11am Texas Hold 'em 1-4pm</p>	<p>25</p> <p>Silver Sneakers 8:45-9:45am Bingo 10:15am Double Deck Pinochle 1-4pm</p>	<p>26</p> <p>Ross &amp; Arriba's 10am-3pm Blanketeers 1- 4pm</p>	<p>27</p> <p>Silver Sneakers 8:45- 9:45am Drumming w/ Andrew 10-11am Bingo 12:45pm Sunglasses Day</p>

# June 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Pork Roast w/ Gravy California Blend Roasted Potatoes WW Roll Jello w/ Fruit</p>	<p>3</p> <p>Liver &amp; Onions Broccoli Scalloped Potatoes WW Bread Strawberries</p>	<p>4</p> <p>Roast Turkey w/ Gravy Succotash Mashed Potato Roll Peanut Butter Cookie Mandarin Oranges</p>	<p>5</p> <p>Lasagna Glazed Carrots Bread Stick Pears</p>	<p>6</p> <p>California Chicken Sandwich Chuck Wagon Corn Sweet Potato Orange</p>
<p>9</p> <p>Green Chili Burritos Spanish Rice Lima Beans Oatmeal Cookie Strawberries</p>	<p>10</p> <p>Chef's Salad Pickled Beets Wheat Roll Pineapple Chunks</p>	<p>11</p> <p>Chicken Fried Steak Mashed Potato w/Gravy Succotash Banana</p>	<p>12</p> <p>Veggie Pizza Tossed Salad Mediterranean Blend Peaches</p>	<p>13</p> <p>Fried Chicken Corn on the Cob Baked Beans Tossed Salad Biscuit Watermelon</p>
<p>16</p> <p>Roast Beef Green Beans Mashed Potato Bread Honey Dew</p>	<p>17</p> <p>Oven Baked Chicken Lima Beans Wild Rice WW Bread Tropical Fruit</p>	<p>18</p> <p>Spaghetti w/Meat Sauce Glazed Carrots Bread Stick Peaches</p>	<p>19</p> <p>Chicken Ala King On Biscuit Tossed Salad Oriental Mix Rice Pineapple</p>	<p>20</p> <p>Cheese Burger Steak Fries Cole Slaw Sliced Oranges</p>
<p>23</p> <p>Salisbury Steak Mashed Potato Spinach WW. Roll Raspberries</p>	<p>24</p> <p>Chicken Tacos Spanish Rice Mexican corn Apple</p>	<p>25</p> <p>Meat Loaf Red Potatoes Green Beans WW. Roll Cantaloupe</p>	<p>26</p> <p>Chicken Parmesan w/ Pasta Broccoli Bread Stick Orange</p>	<p>27</p> <p>Fruit Plate w/ Cottage Cheese Carrot Slaw Oatmeal Cookie</p>
<p>30</p> <p>Chicken Patty Mashed Potato Brussels Sprouts WW Bread Apricots</p>	<div> <p>1/2 of your plate should be fruits and veggies</p>  </div> <div> <p>Funded in part by: Area Agency on Aging <b>SUGGESTED CONTRIBUTION: \$3.00</b> Lunch begins at 11:30 Mon. Wed. &amp; Fri. Noon on Tues. &amp; Thurs.</p> </div>			

# SURVIVING ARIZONA SUMMER HEAT

It's that time of year again. Vulnerable adults, which include those over the age of 65 and the elderly are at risk of heat related illnesses. Please protect yourself from extreme heat by following these simple guidelines.

- Avoid strenuous activity on hot days
- Limit activities to the coolest part of the day (4am-7am)
- If active between 11am and 4pm, drink at least one quart of water every hour
- Rest often in shade or stay in air conditioned areas, if possible
- If air conditioning is not available, stay on the lowest floor, away from sunshine, and go to a publicly air conditioned area in the hottest part of the day
- Have a buddy system where relatives, neighbors, or friends check on each other
- Wear light weight, light colored clothing, wide brimmed hat and sunscreen
- Drink plenty of water often to help your body stay cool
- Drink plenty of water even if you don't feel thirsty
- Avoid drinks with alcohol or caffeine, which worsen the effects heat has on your body
- Never leave an infant, child, or pet unattended in parked vehicles

**Have a safe and cool summer!**



***I Love Lucy!***

Lynn did a smash up job dressed as Lucille Ball for the Twisted Masquerade Party! We had so many incredible costumes!

## Benefits of Cucumbers!

- 
1. Relieves joint pain (arthritis/gout)
  2. Reduces Cholesterol
  3. Aids in Weightloss
  4. Promotes Digestion
  5. Prevents Headaches
  6. Fights Cancer
  7. Rehydrates & Remineralizes the body
  8. High silica content for silky hair
  9. Cures Diabetes
  10. Controls blood pressure
- 
- 



# SUMMER FEVER BEACH PARTY



SNACKS!

MUSIC!

RAFFLE!

**SURFS UP AT THE BUCKEYE SENIOR CENTER!  
FRIDAY, MAY 20TH 10-NOON**



**GET OUT YOUR BOARD SHORTS &  
TANK TOPS AND LET'S HAVE FUN!**



# RESOURCE PAGE

This page is the last in a 10-part series of resources dedicated to providing information, referrals and assistance to older adults, caregivers or those with aging family members. The following information was taken from Elder Resource Guide Maricopa County 2014

## Pet Care and Companion Animals

The special friendship and camaraderie a pet offers can significantly enhance an individual's quality of life. The following organizations can help individuals obtain animals who will make excellent companions.

### **Animals Benefit Club Sanctuary**

602-867-2169

[www.animalsbenefitclub.com](http://www.animalsbenefitclub.com)

### **Companion Animals of Arizona**

602-258-3306

[www.caaainc.org](http://www.caaainc.org)

*(Pet grief support group)*

### **Animal Defense League**

602-273-7842

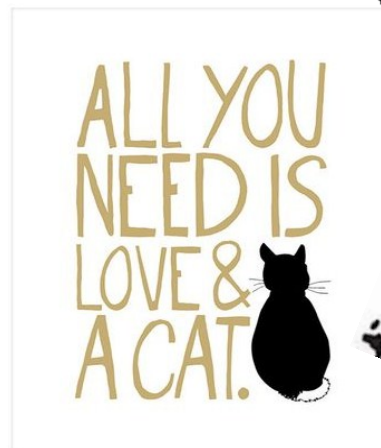
[www.adlaz.org](http://www.adlaz.org)

*(Spay/Neuter hotline)*

### **Arizona Animal Welfare League**

602-273-6852

[www.awl.org](http://www.awl.org)



# PUZZLE PAGE

At the  
Beach



o	l	a	c	u	c	c	c	c	b	c	d
j	o	r	n	u	i	a	y	z	w	y	l
d	t	g	x	q	d	s	o	s	a	n	d
w	i	r	h	p	h	t	w	n	j	h	b
w	o	m	z	w	z	l	v	j	m	b	n
f	n	t	u	b	e	e	v	z	m	h	o
s	w	i	m	m	i	n	g	s	u	i	t
c	t	o	w	e	l	k	q	z	b	f	o
r	v	u	l	b	a	l	l	o	j	s	v
a	u	z	g	g	j	b	e	a	c	h	d
b	s	u	n	g	l	a	s	s	e	s	z
i	c	e	c	r	e	a	m	u	b	a	x

beach	towel	castle
crab	sand	lotion
sunglasses	swimming suit	
tube	ball	ice cream



[www.bogglesworldesl.com](http://www.bogglesworldesl.com)

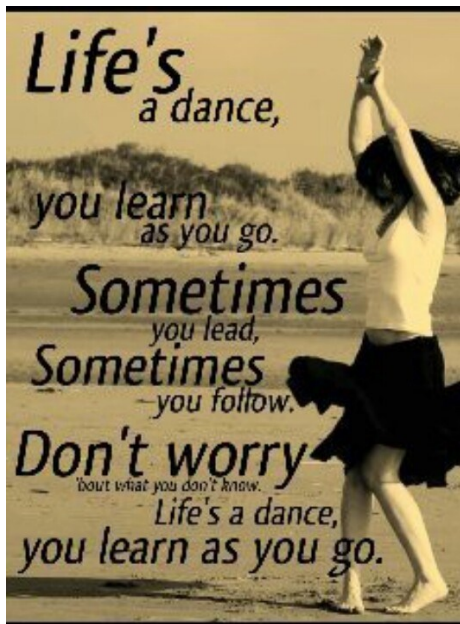


## Fun things to do!

### HOT STEPPERS DANCE CLASS

LEARN LINE DANCING AND SOME OF THE  
NEWEST DANCE MOVES!

CLASS TAUGHT BY PROFESSIONAL LINE  
DANCE INSTRUCTOR  
TERRY PEEBLES  
THURSDAY, JUNE 19TH  
1:30-2:30PM



### DRUMMING W/ ANDREW

*Friday, June 27th 10-11am*

*Get rid of your frustrations and  
improve your energy level.  
Join the group and make a  
rhythmic sound.*



### REMINDERS

**PARTIES & SPECIAL EVENTS-** Parties and special events are for senior participants. Guests 18 years & older are welcome to attend and are subject to the \$5.00 guest meal FEE! Please refrain from bringing guests 18 years and younger.

**TRIP ETTIQUETTE-** Please remember to clean up after yourself when we take a casino bus or one of our City vehicles on a trip.

**CONTRIBUTIONS-** A \$3.00 contribution for meals is suggested. Any amount you would like to donate for transportation is greatly appreciated.

**REGISTRATIONS-** Payment is due at the time of registration! No exceptions! Space is limited on some trips, and to make it fair for everyone, no spots will be held without payment! Trip fees are non-refundable.

**Today's generation will never  
get to know the satisfaction**



**of slamming down the phone  
during an angry hang-up!**

www.facebook.com/geezerplanet



The City of Buckeye Community Services Department and  
the Buckeye Mainstreet Coalition Present:

# OLD FASHIONED INDEPENDENCE DAY CELEBRATION

Friday  
July 4th 2014  
6-9:30pm

Youngker  
High School  
3000 S. Apache Rd.

Fun Family Activities!

All-American Eats and Treats

Spectacular  
Fireworks at 9pm!



For more information please visit  
[www.buckeyeaz.gov/events](http://www.buckeyeaz.gov/events)

